

A Volkswalk is designed for fun, fitness, and family. It is a walk along a pre-marked route. It is non-competitive and not timed. An adult must accompany children under 12. Anyone who pays the registration fee and completes the distance will receive the event and distance credit. You may walk for free if no credit or award is desired. All are welcome.

**Procedures:** Walk, jog, or run at your own pace. All participants must carry a start card for validation at control points. The card is to be turned in upon completion of the walk.

**Disclaimer:** Participants do so at their own risk. The sponsor will make every reasonable effort to make the events safe and enjoyable for all. However, the sponsors, organizers, and the American Volkssport Association cannot be held responsible for any lost or stolen articles, accidents, or injury of any kind at any time.

**Start Location:** Poway Library  
13137 Poway Road  
Poway, CA 92064

Ask a person behind the main desk for the "Walking Box."

#### Poway Library: Business Hours

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30-8	9:30-8	9:30-8	9:30-8	9:30-5	9:30-5	1-5

**Host:** San Diego County Rockhoppers  
For Information call Steve d'Adolf at 858-451-2130 or via email at: [sdadolf@san.rr.com](mailto:sdadolf@san.rr.com)

**Trail Description:** The walk is rated a 1. It will be on city streets and on paved park trails. Strollers, wagons, and wheelchairs are OK. Pets are OK on a leash with cleanup.

The walk is available daily.

We request that you walk from dawn to dusk only.

Information on other walks sponsored by the San Diego County Rockhoppers can be found at the club's web site:  
[www.sandiegorockhoppers.com](http://www.sandiegorockhoppers.com)

#### **Start Card:**

There is no pre-registration, and everyone must obtain a start card and pay the appropriate fee if credit is desired. All start cards must be returned at the completion of the event. Upon your return, stamp your books if credit is desired. Remember, only one EVENT CREDIT for the first half year and one event credit for the second half year may be entered in the event book for each event. You may participate for DISTANCE CREDIT without limit.

IVV credit is \$3.00, others free.

**Miscellaneous:** There are numerous restaurants along the route, in all price ranges. Water and rest rooms are available along the route.

**Special thanks** to the administrative staff of the **Poway Library** for their cooperation in making this year-round walk possible.



Directions: From I-15

From the north or south exit at Poway Road and head east for 4 miles. The library will be on the right hand side. Turn right after the library on Bowron Road. Parking is available in the lot behind the library.



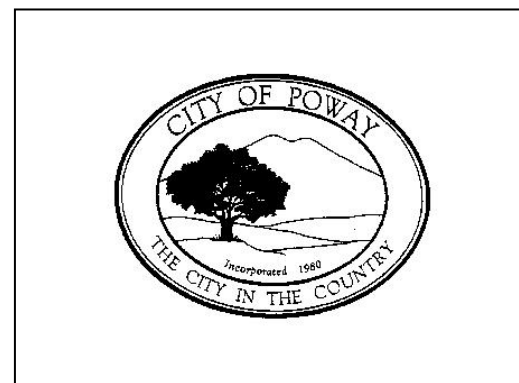
# Year-Round Volkswalk Poway Library

**Poway, CA**

**10K (6 miles) & 5K (3 miles)**

**January 1 to December 31, 2010**

**Credit Only**



Sanction Number PA 85403

**San Diego County Rockhoppers**

AVA 392, CA 23



**SANCTIONED  
EVENT**



*Eligible for credit toward  
IUU Achievement Awards*

**AVA Special Programs:**  
**Railroad Heritage and Firehouses**